

Heart to Heart

Living the Life

Sharing the Journey

Week 1: Introduction

1. What comes to mind when you think about life?

Draw a picture on page 4 of the booklet and then share

2. Where have you looked for life other than Jesus? What happened?

Share an example from your life

Then let the woman/women you are meeting with share

3. Draw the Wheel illustration - (you will find this on page 7 in the booklet)

How do you think this relates to living the life?

How can it make a difference in your life if you live out the reality that Christ is the center of everything?

How might the different components of the wheel illustration help you remember He is the center of everything so you can be more responsive to Him?

4. What will be your plan for doing this study?

a. Read *Developing A Plan for Christian Meditation & Discuss*

(Pages 10 and 11 in the week 1 booklet)

b. What's your Why?

Why do you want to do this study?

Take a moment to record your thoughts in the booklet, then discuss

c. What's Your Plan?

When will you do it? What could it look like for you to let this become a regular part of the rhythm of your life?

Where will you do it?

note: It's super helpful to have a special place where you keep your booklet, Bible and any art supplies you plan to use. Since I love to do this at night,

How? (What can help you remember to do this with Jesus?)

What supplies will you use?

(Ball point pen, crayons, colored pencils, watercolors, Tombow markers)

note: Tombow markers will not bleed through to the other side, most other markers will. Even watercolors from the dollar store will work on regular paper as long as you don't use too much water.

d. Next consider James Clear's four questions:

How can I make it obvious?

for me, my special place where I do this is in my bedroom. I have a cozy chair in the corner that has a bookshelf next to it. I see that spot every night before bed and I love it!

How can I make it attractive?

This is why I have a candle and matches - I'm like a moth attracted to a flame! But it also helps if I keep the area cleared of clutter.

How can I make it easy?

This is why I have a basket with my supplies in it. If I have to run around looking for things I'm more likely to get distracted.

How can I make it satisfying? James clear says to give yourself an immediate reward as soon as you finish the desired behavior. If you like chocolate, purchase some special chocolates and treat yourself to one after you finish your time with Jesus. I don't like chocolate but I do love Japanese paper, so I treat myself to a special notebook where the paper is so smooth it's like a dream to do my creative meditations in. (Note: you don't have to use the booklets, feel free to use another journal or sketchbook if you prefer).

5. Do Day 1 Together (pages 14-15 in the booklet)

Read Genesis 1:1 and discuss

- how many observations can you make from this one verse?

6. Do the first coloring page together

As you color discuss how you both feel about art

Is it something you enjoy? Or a challenge?

Re-read Genesis 1:1

How does God introduce Himself? Why do you think this is important?

Read Genesis 1:26

What thoughts come to mind that you were created in God's image to create? Share how this coming week as you do your creative meditation you have opportunity to dialogue with Jesus just as you've been doing with each other.

7. Close out your time praying for each other - especially for grace to enjoy daily time with Jesus this week meditating on His Word.